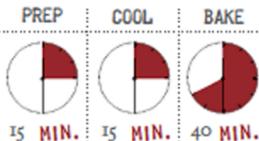


## MEAT AND SPINACH MUFFINS BETTER THAN THE BAKERY

MAKES 12 muffins



These muffins are a savory surprise. First, they come in a brightly-colored wrapper, just like cupcakes, only better. They also have a pleasantly dense texture that packs both meat and veggies into a fun, portable shape. Great hot or cold, you can enjoy them as a grab-and-go snack or a sit-down meal.

## INGREDIENTS

3 16-ounce bags frozen chopped spinach, defrosted  
 1/2 tablespoon coconut oil  
 1/2 medium onion, diced (about 1/2 cup)  
 1 1/2 pounds ground beef  
 2 cloves garlic, minced (about 2 teaspoons)  
 1/2 teaspoon salt  
 1/4 teaspoon ground black pepper  
 1/2 teaspoon ground cayenne pepper  
 3 large eggs

## DIRECTIONS

Preheat the oven to 375° F.

**This is crucial step!** Squeeze the excess water from the defrosted spinach. Here's my trick for removing excess water: Place all the spinach in a colander or wire sieve and press out the water with the bottom of a bowl that fits inside the colander, then squeeze individual handfuls of spinach to wring out the remaining water. You should have about 4 cups of spinach when you're finished with the squeezing process.

**Heat a large skillet over medium-high heat**, about 3 minutes. Add coconut oil and allow it to melt. Toss the onion in the pan and sauté, stirring with a wooden spoon, until it's crisp-tender and translucent, about 5 minutes.

**Crumble the meat into the pan**, breaking up lumps with the wooden spoon. Add the garlic, salt, black pepper, and cayenne pepper and cook until the meat is browned. Stir in the spinach until it's combined. Set aside to cool for about 15 minutes.

**Scramble the eggs in a small bowl with a fork**, and when the meat is cool, add them to the meat; blend well. The easiest way to combine everything is to mix with your hands. Dig in!

**Place muffin papers in a 12-count muffin pan**; they prevent sticking. Pack the batter into a 1/2-cup measurer, then transfer it to the muffin pan, using your hands to pack the spinach tightly into the muffin paper. It should be slightly mounded on top — the muffins puff a bit when they bake, then slightly deflate when cool. Remove the muffins from the pan and store covered, in the refrigerator.

**NOTES** *Omits the meat to make an unexpected spinach side dish that looks (and tastes) great alongside roasted meat or grilled steak — like popovers with more nutritional punch.*

## YOU KNOW HOW YOU COULD DO THAT?

*Take your muffins on a world tour. Follow the directions above and add the following seasonings.*

**ITALIAN!** ground beef + 1 tablespoon Pizza Seasoning (p. 49)

**TEX-MEX!** ground beef + 1-2 tablespoons chili powder + 1 tablespoon lime juice

**INDIAN!** ground lamb + 1 tablespoon curry powder + 2 tablespoons raisins

**MIDDLE EASTERN!** ground lamb + 1 tablespoon cumin + 1 teaspoon dried mint leaves

**MOROCCAN!** ground lamb + 1 tablespoon Ras El Hanout (p. 47)

**GREEK!** ground lamb + 1 teaspoon dried oregano leaves + 1 tablespoon lemon juice

**ITALIAN!** ground pork + 1 tablespoon Italian Sausage Seasoning (p. 49)

**ASIAN!** ground pork + 2 teaspoons Chinese five-spice powder + 1 tablespoon coconut aminos